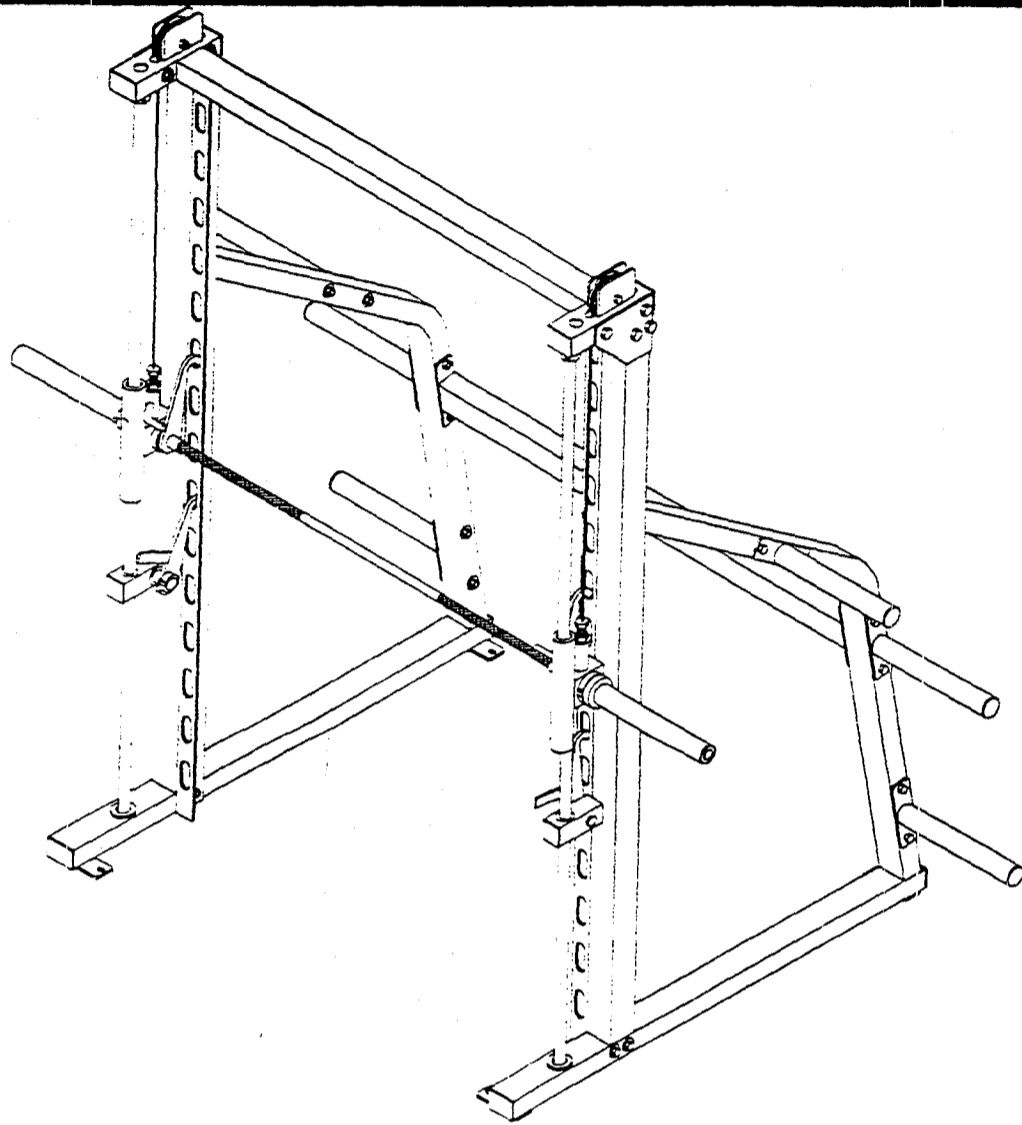


PARABODY

Serious Steel

917101 SMITH MACHINE



ASSEMBLY INSTRUCTIONS

IMPORTANT NOTES

WELCOME TO THE WORLD OF *Serious Steel!*

Please note:

- * Thank you for purchasing the Parabody 917101 Smith Machine. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
- * We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

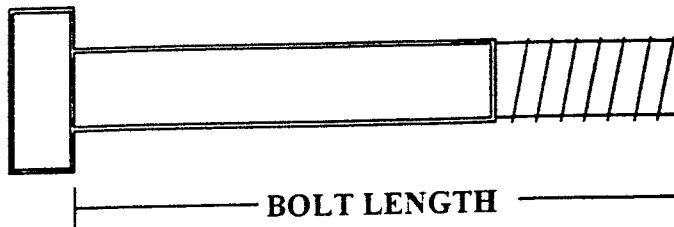
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.

Tools Required for Assembly

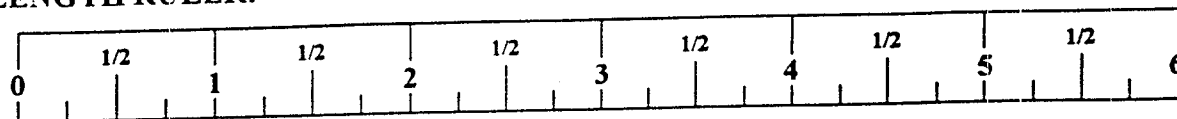
- * Rubber mallet or hammer
- * 3/4" wrench
- * 9/16" wrench
- * Ratchet with 3/4" and 9/16" sockets
- * 3/16, 1/4, 5/16" Allen wrench
- * Adjustable wrench
- * Tape measure

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6712002	BEARING HOUSING	2	16	3102937	1/2 X 4-1/2" BOLT	8
2	6711402	SAFETY STOP	2	17	3102917	1/2 X 4" BOLT	16
3	6711203	LOWER SUPPORT	1	18	3102933	3/8 X 2" BOLT	2
4	6708901	SLEEVE ASSEMBLY	2	19	3103003	5/8 X 1-1/4" SHOULDER BOLT	2
5	6711601	LEFT SAFETY HOOK	1	20	3102502	1/2" WASHER	18
6	6711701	RIGHT SAFETY HOOK	1	21	3102801	1/2" LOCK NUT	24
7	6710201	SMITH BAR	1	22	3102802	3/8" LOCK NUT	2
8	6710102	BAR STOP	2	23	3203001	2" SHAFT COLLAR	2
9	6710503	LEFT UPRIGHT	1	24	3203002	1" SHAFT COLLAR	4
10	6710403	RIGHT UPRIGHT	1	25	3202901	1-1/2" THRUST BEARING	2
11	6710803	UPPER SUPPORT	1	26	6708501	CABLE ASSEMBLY	2
12	6709001	CHROME ANGLE	2	27	3116101	4-1/2" PULLEY	2
13	6709901	80" GUIDE ROD	2	28	6714501	8 X 1" GLIDE	4
14	6709603	COUNTER WEIGHT	2	29	6695801	2-1/2" OD RUBBER BUMPER	2
15	6675501	PLATE HOLDER	6	30	6714901	Bushing Guard Rods	4

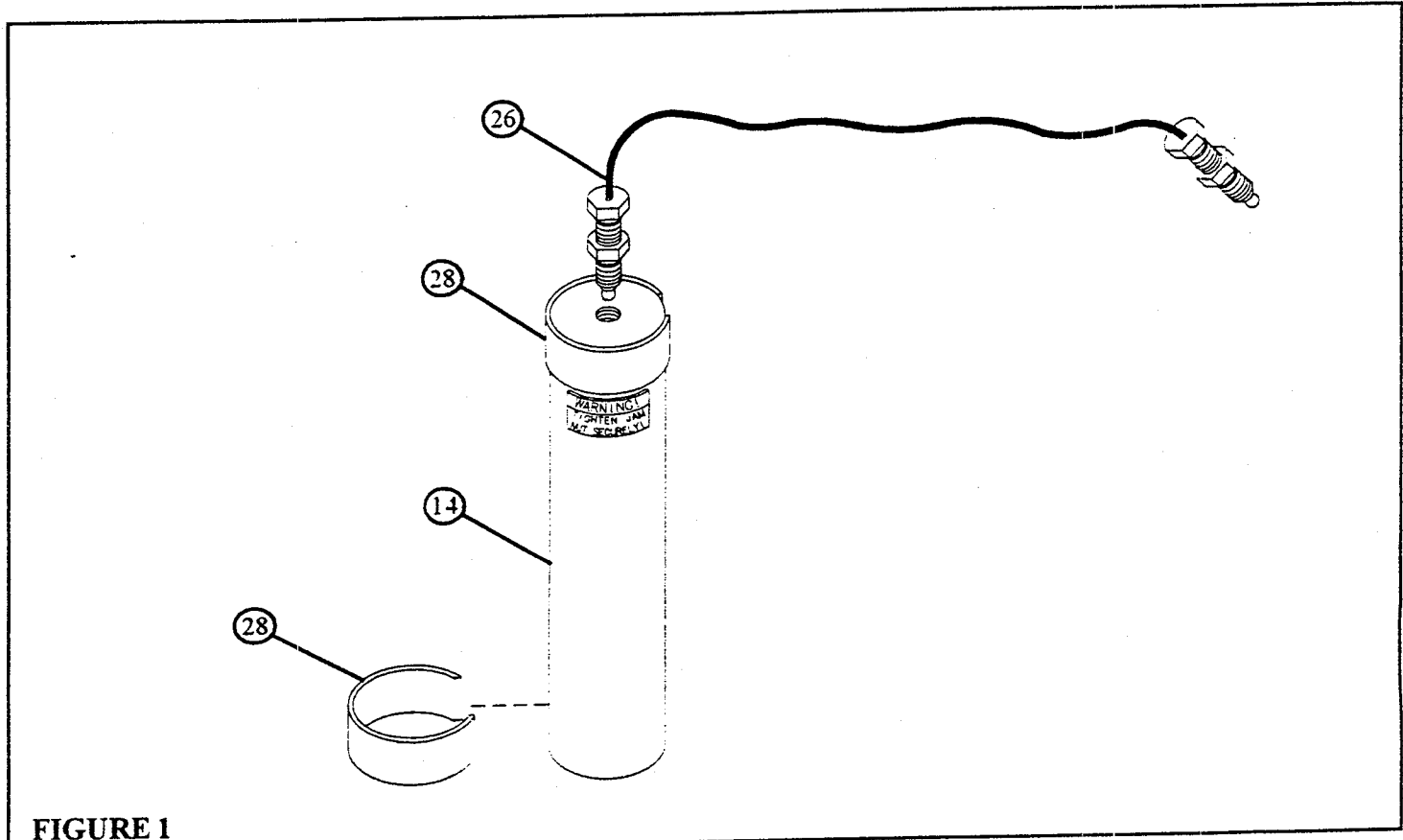
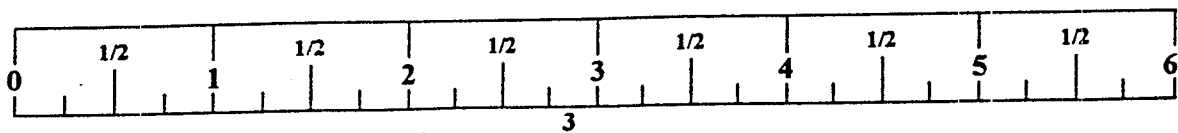


FIGURE 1

STEP 1:

- **SECURELY** thread one end of the **CABLE ASSEMBLY (26)** into each of the two **COUNTER WEIGHTS (14)** as shown in **FIGURE 1**.
- Attach two **8 X 1" GLIDES (28)** to both ends of two **COUNTER WEIGHTS (14)** as shown in **FIGURE 1**.



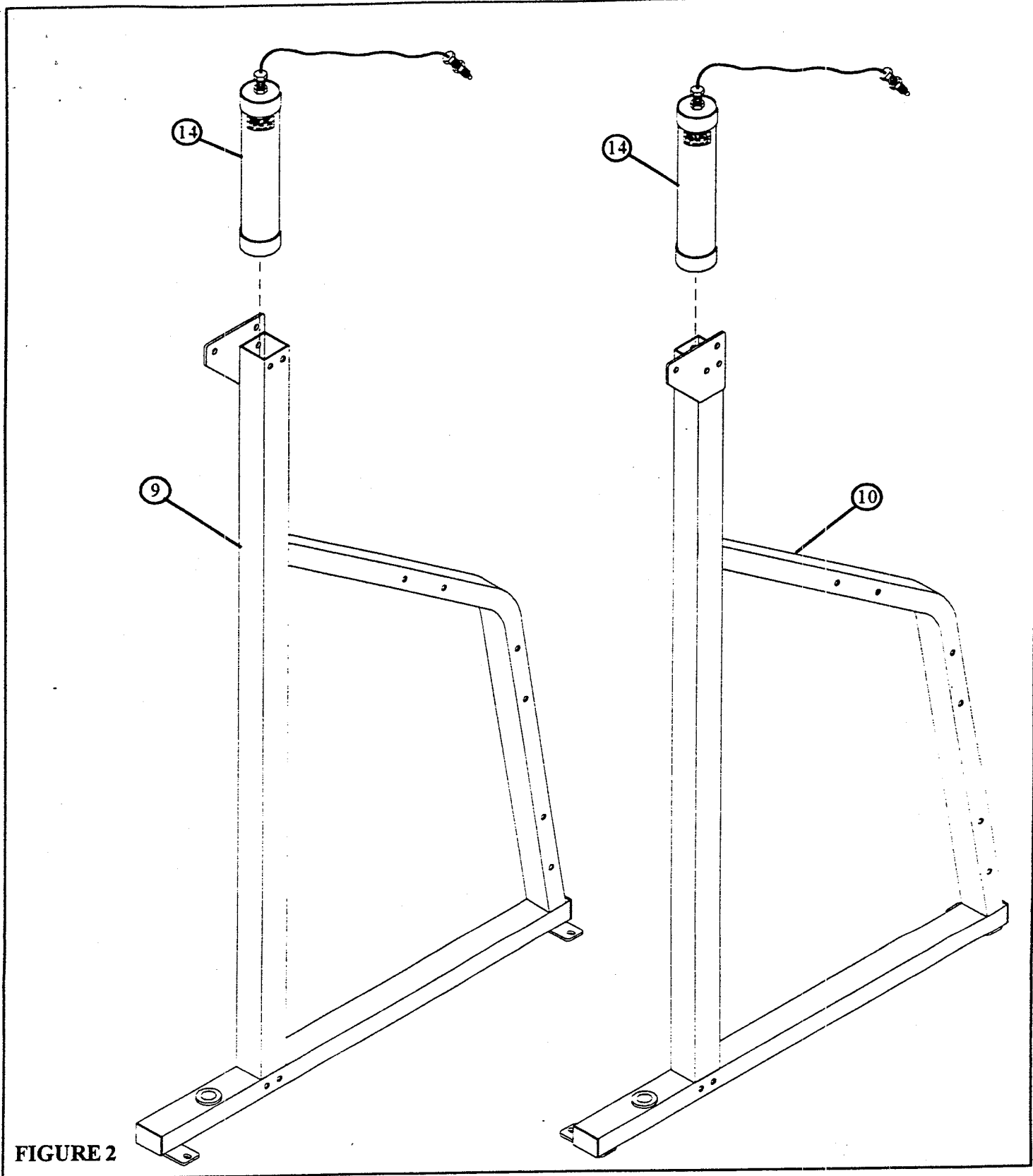
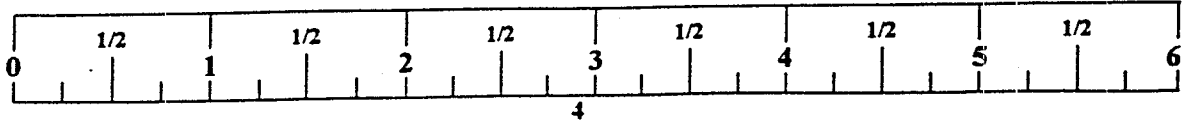


FIGURE 2

STEP 2:

- CAREFULLY lower one COUNTER WEIGHT (14) down into the LEFT UPRIGHT (9) & RIGHT UPRIGHT (10) until it bottoms out as shown in FIGURE 2.



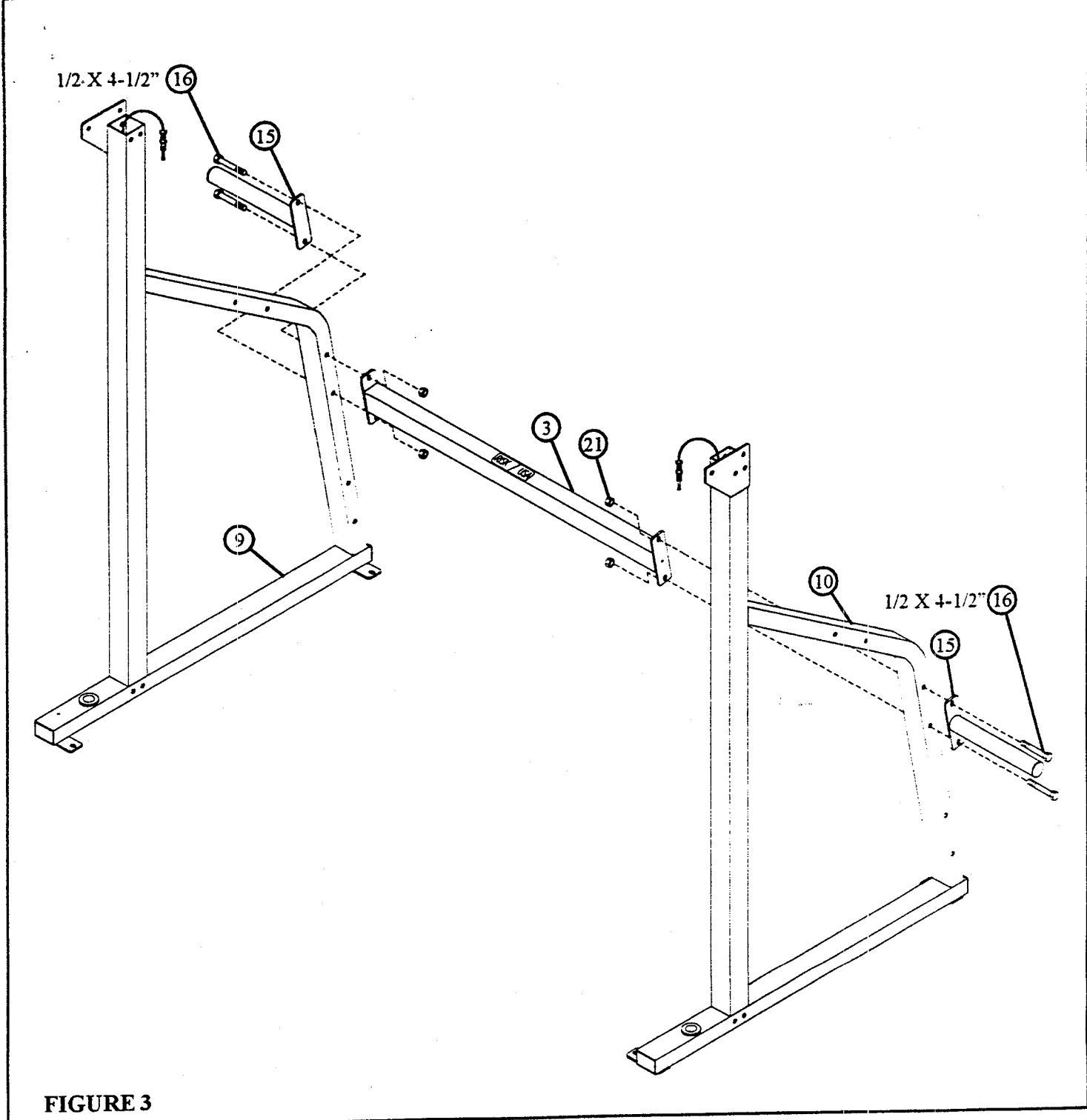


FIGURE 3

STEP 3:

- **LOOSELY** assemble the **LOWER SUPPORT (3)** and two **PLATE HOLDER (15)** to the **LEFT & RIGHT UPRIGHTS (9 & 10)** using four **1/2 X 4-1/2" BOLTS (16)** and four **1/2" LOCK NUTS (21)** as shown in **FIGURE 3**.

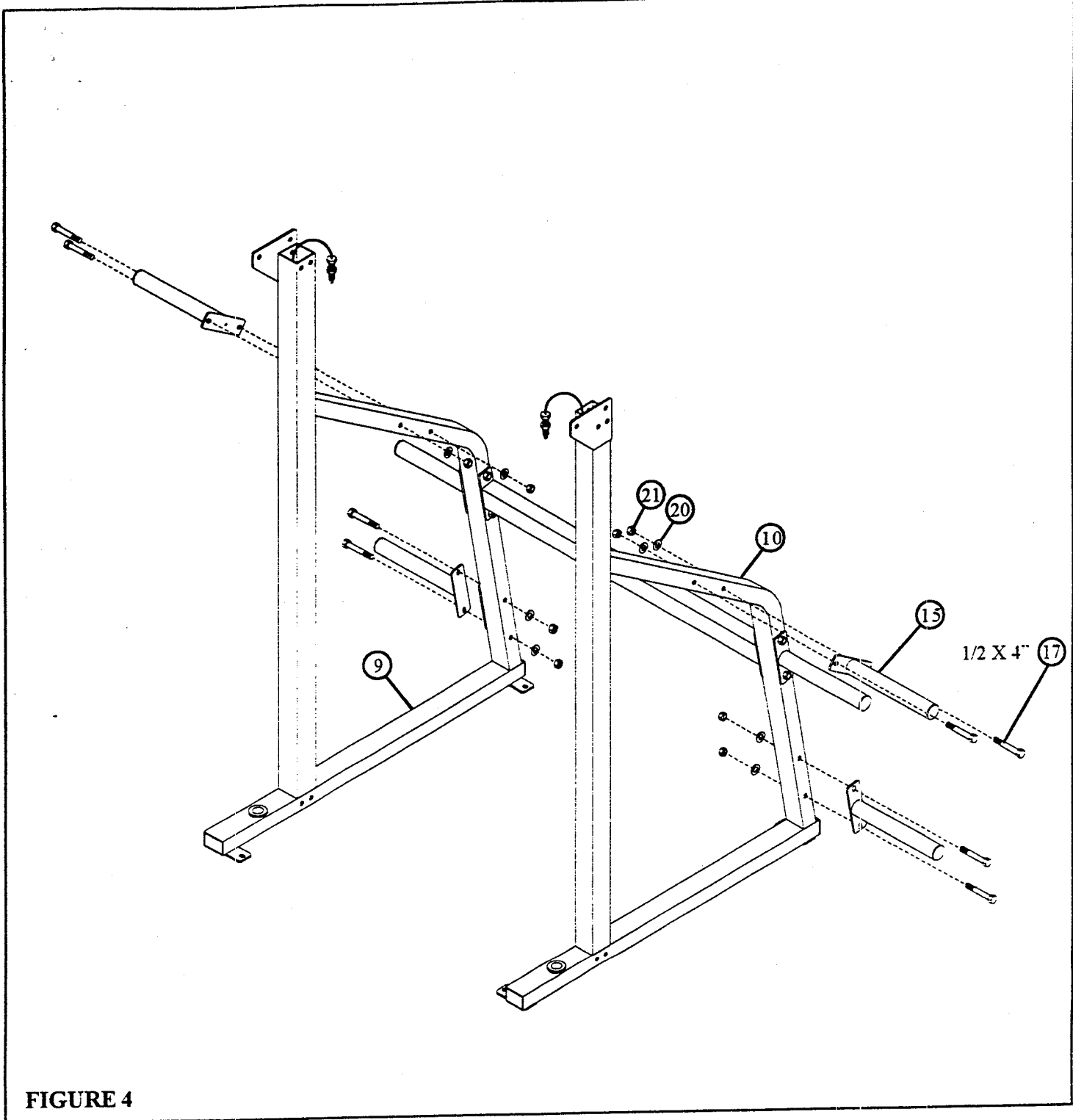
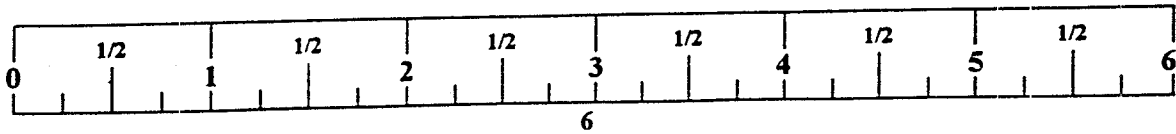


FIGURE 4

STEP 4:

- **SECURELY** assemble four **PLATE HOLDERS (15)** to the **LEFT & RIGHT UPRIGHTS (9 & 10)** using eight **1/2 X 4" BOLTS (17)**, eight **1/2" WASHERS (20)**, and eight **1/2" LOCK NUTS (21)** as shown in **FIGURE 4**.



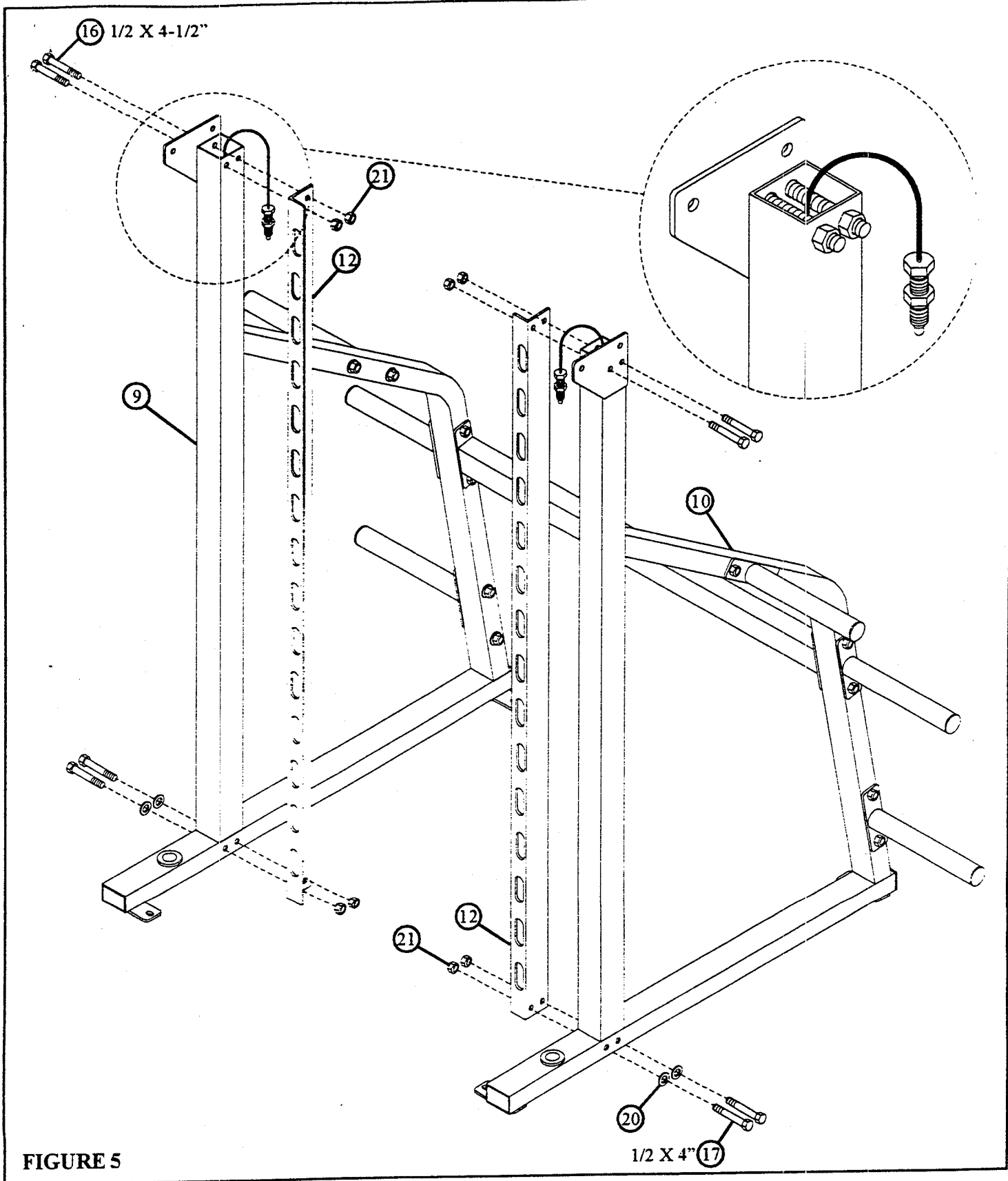


FIGURE 5

STEP 5:

- LOOSELY assemble two CHROME ANGLES (12) to the top of the LEFT & RIGHT UPRIGHTS (9 & 10) using four 1/2 X 4-1/2" BOLTS (16), and four 1/2" LOCK NUTS (21) as shown in FIGURE 5. (NOTE: MAKE SURE CABLE IS BETWEEN THE TWO BOLTS.)
- LOOSELY assemble the CHROME ANGLES (12) to the bottom of the LEFT & RIGHT UPRIGHTS (9 & 10) using four 1/2 X 4" BOLTS (17), four 1/2" WASHERS (20), and four 1/2" LOCK NUTS (21) as shown in FIGURE 5.

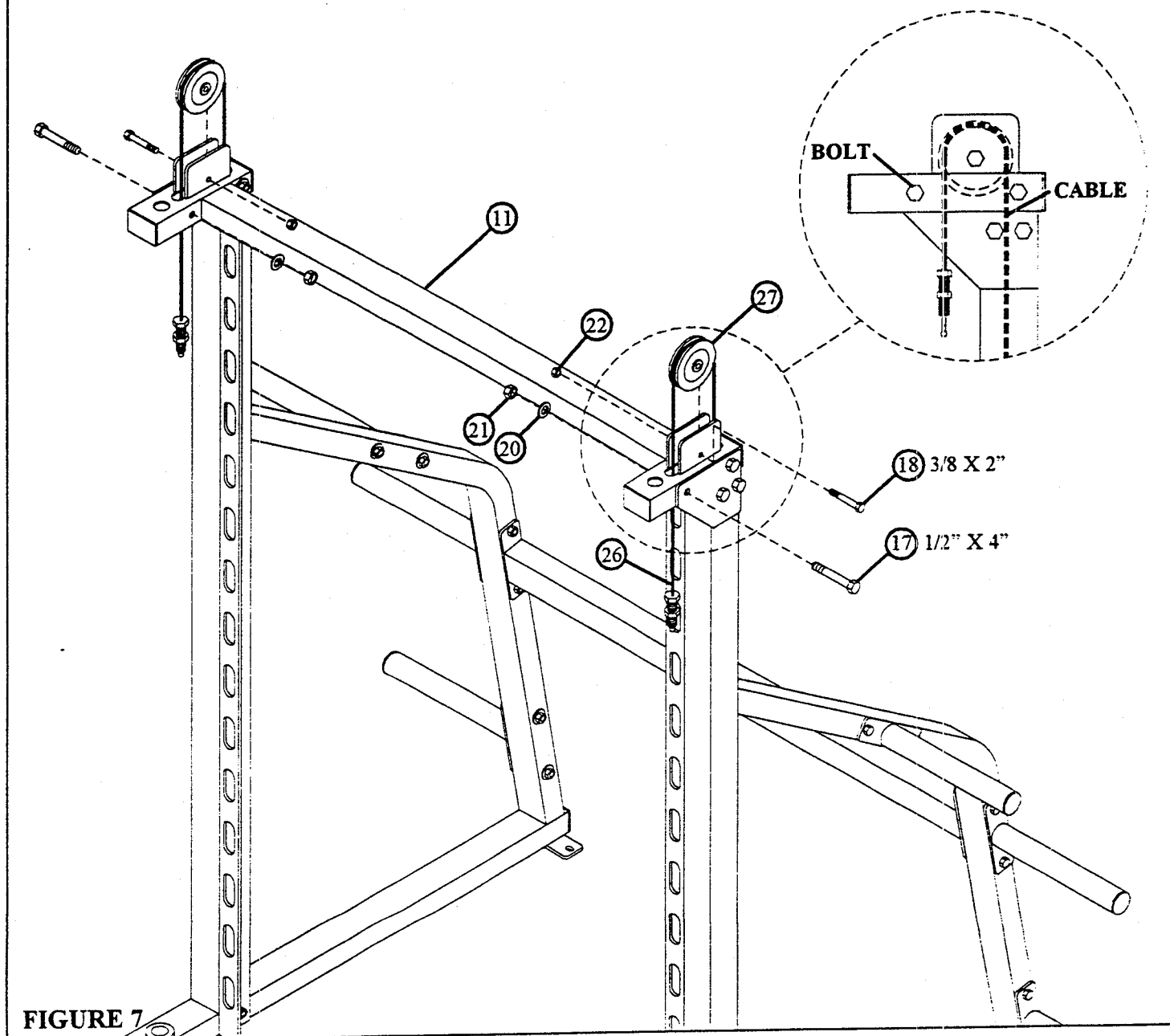


FIGURE 7

STEP 7:

- Loop **CABLE ASSEMBLIES (26)** around the **4-1/2" PULLEYS (27)** and route **CABLE ASSEMBLY (26)** back through **UPPER SUPPORT (11)** as shown in **FIGURE 7**.
- **SECURELY** assemble the **4-1/2" PULLEYS (27)** to the **UPPER SUPPORT (11)** using two **3/8 X 2" BOLTS (18)** and two **3/8" LOCK NUTS (22)** as shown in **FIGURE 7**.
- Finish the assembly of the **UPPER SUPPORT (11)** to the **LEFT & RIGHT UPRIGHTS (9 & 10)** using two **1/2 X 4" BOLTS (17)**, two **1/2" WASHERS (20)**, and two **1/2" LOCK NUTS (21)** as shown in **FIGURE 7**. (**NOTE: MAKE SURE CABLE IS INSIDE OF THE 1/2" BOLT AS SHOWN IN DETAIL.**)
- **SECURELY TIGHTEN ALL LOOSE BOLT CONNECTIONS MADE TO THIS POINT.**

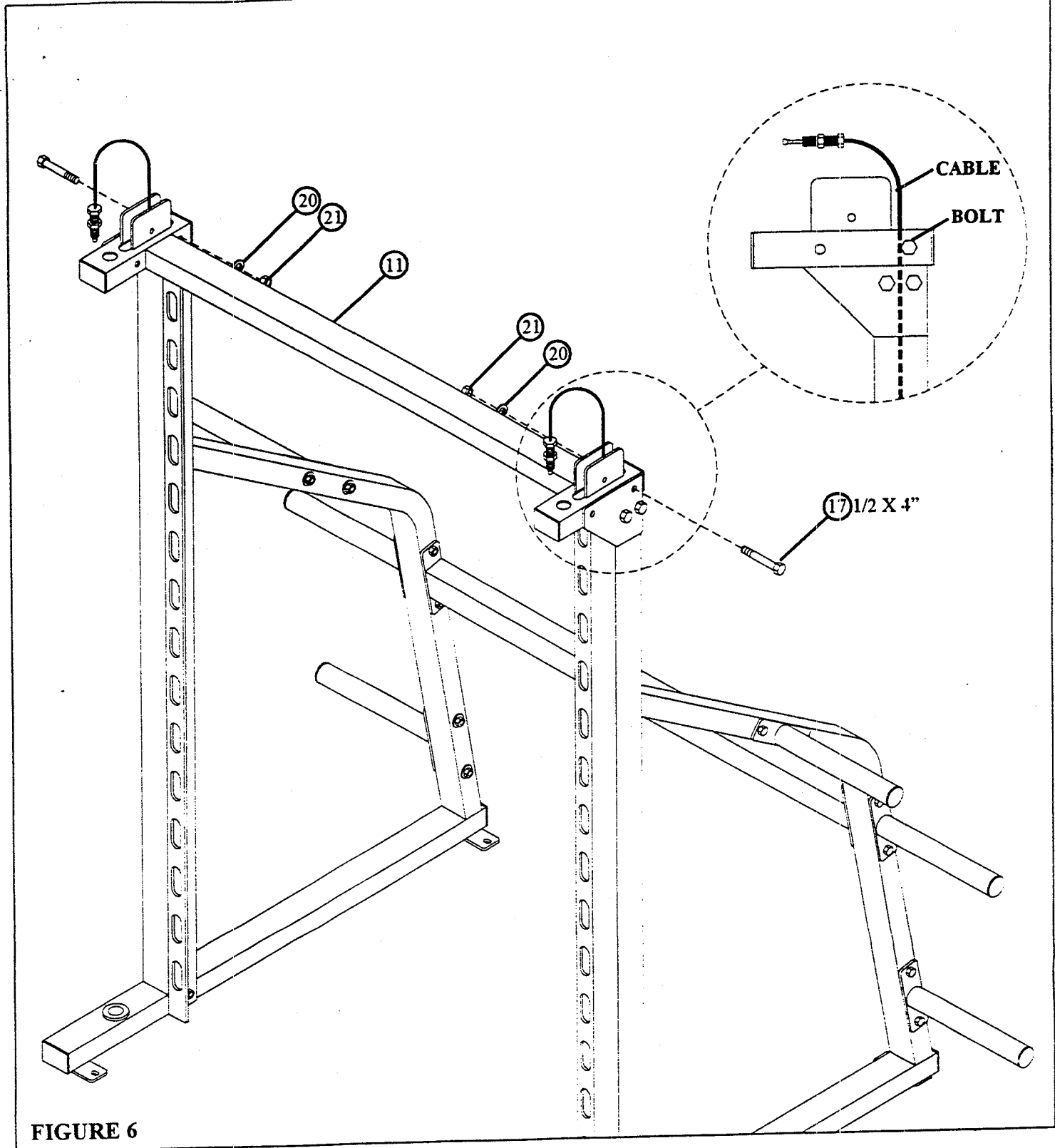
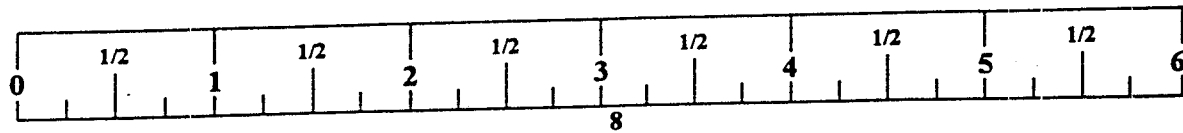
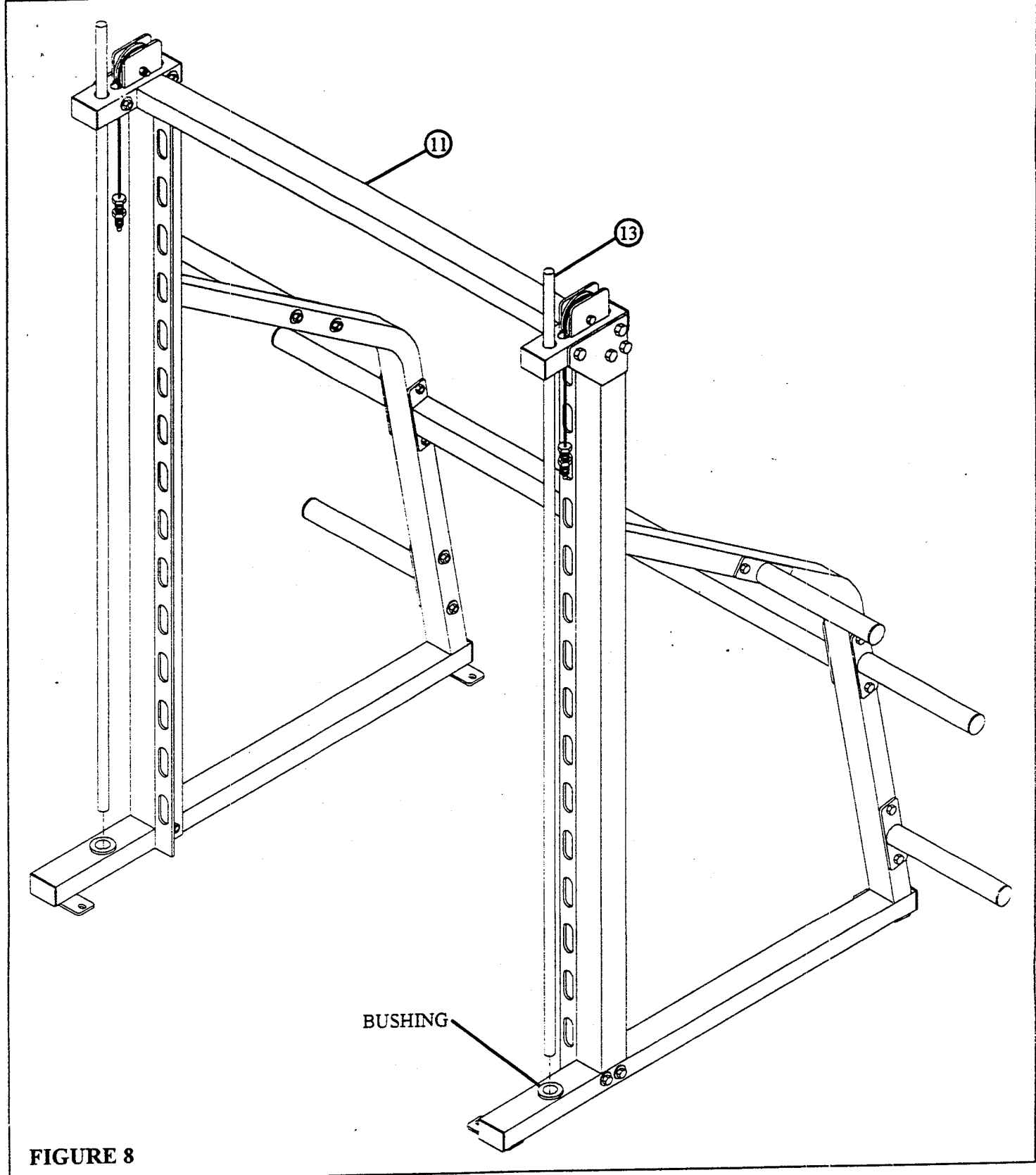


FIGURE 6

STEP 6:

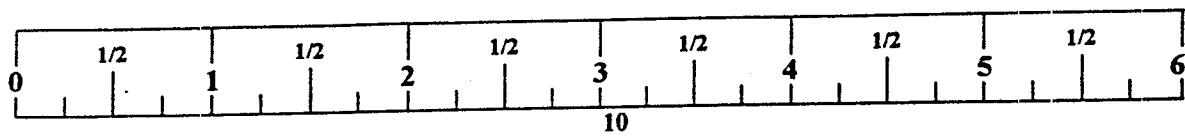
- **LOOSELY** assemble **UPPER SUPPORT (11)** to the **LEFT & RIGHT UPRIGHTS (9 & 10)** using two **1/2 X 4" BOLTS (17)**, two **1/2" WASHERS (20)** and two **1/2" LOCK NUTS (21)** as shown in **FIGURE 6**. (**NOTE: MAKE SURE CABLE IS INSIDE OF THE 1/2" BOLT AS SHOWN IN DETAIL.**)

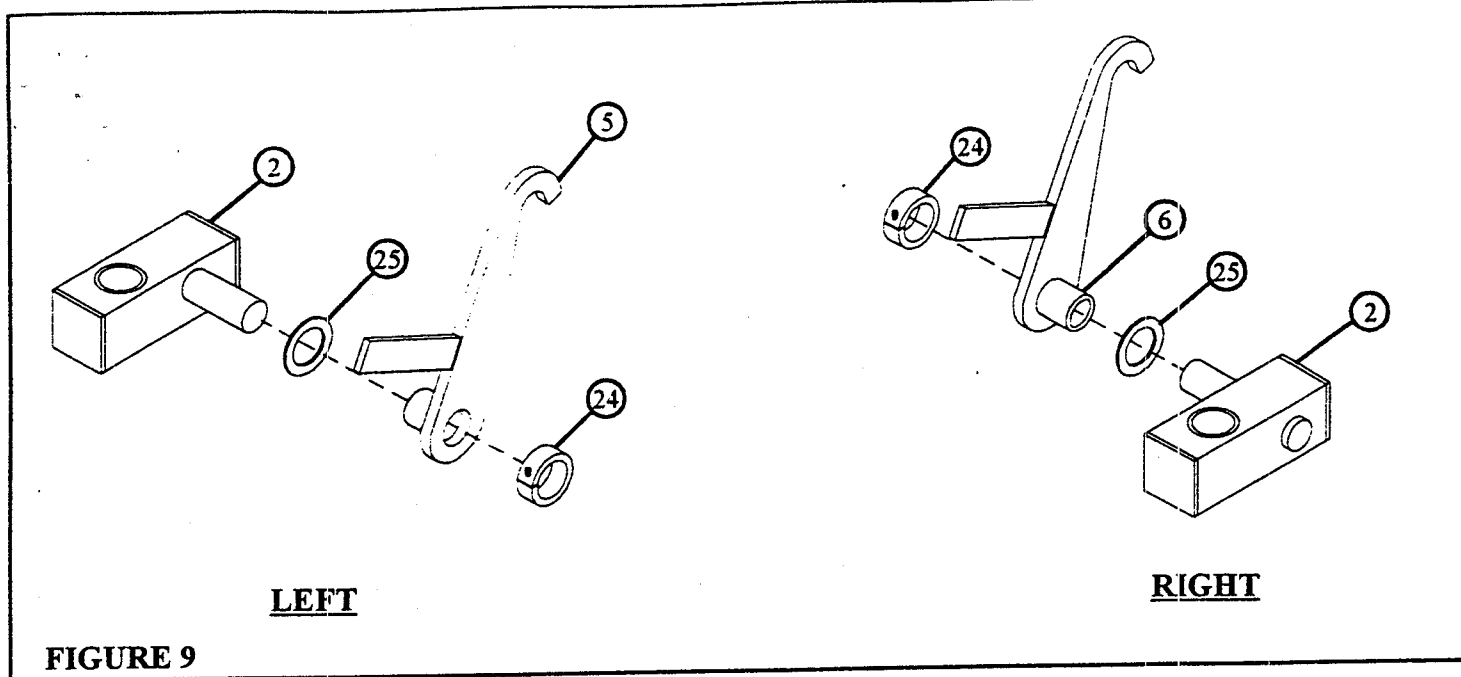




STEP 8:

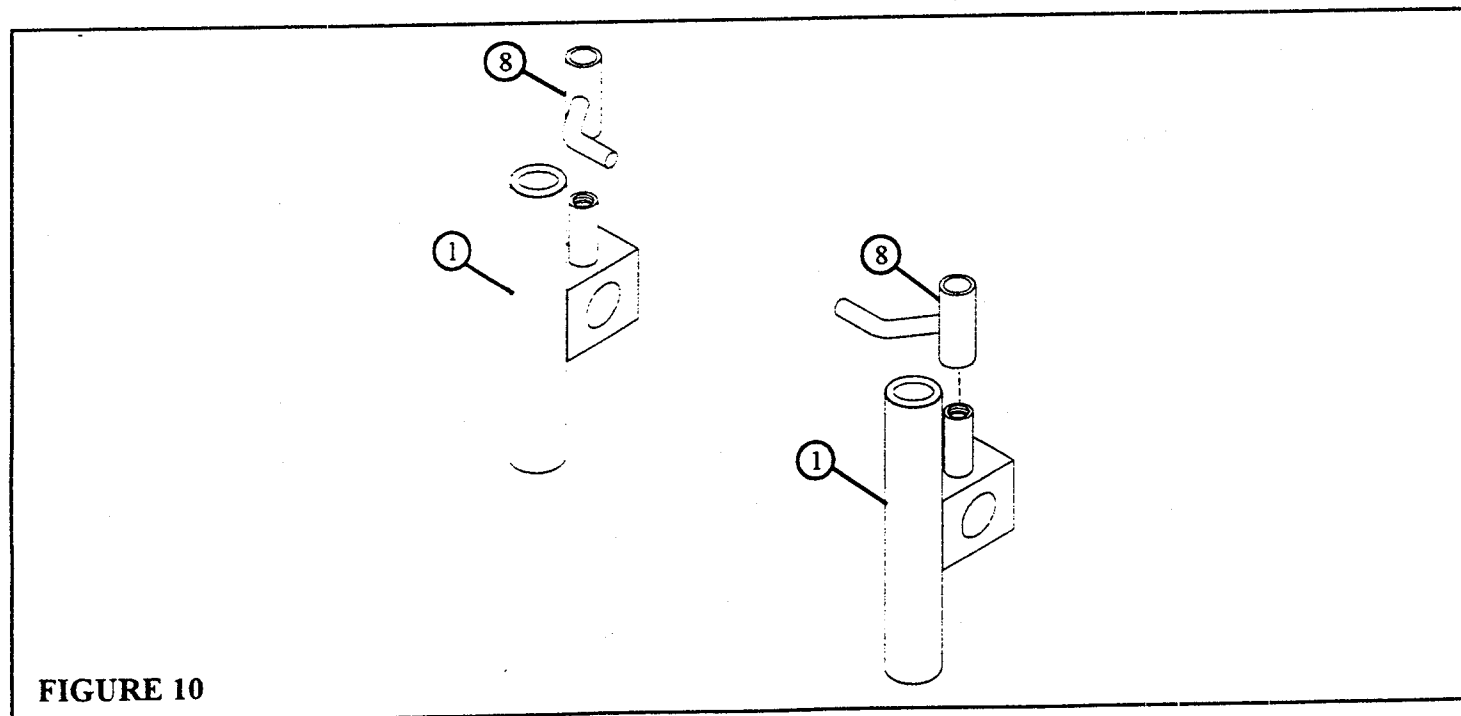
- Insert two 80" **GUIDE RODS (13)** through the **BUSHINGS** in the **UPPER SUPPORT (11)** and out through the top, then lower the **GUIDE RODS (13)** down into the **BUSHING** on the **BASE** of the **UPRIGHTS (9 & 10)** as shown in **FIGURE 8**.





STEP 9:

- Slide one 1-1/2" **THRUST BEARING (25)**, one **RIGHT SAFETY HOOK (6)**, and one 1" **SHAFT COLLAR (24)** over the **SAFETY STOP (2)** as shown in **FIGURE 9**.
- Slide one 1-1/2" **THRUST BEARING (25)**, one **LEFT SAFETY HOOK (5)**, and one 1" **SHAFT COLLAR (24)** over the **SAFETY STOP (2)** as shown in **FIGURE 9**.
- Using a 3/16" Allen wrench, tighten each set screw on the 1" **SHAFT COLLARS (24)**. See **FIGURE 9**.



STEP 10:

- Slide one **BAR STOP (8)** over each **BEARING HOUSING (1)** as shown in **FIGURE 10**.

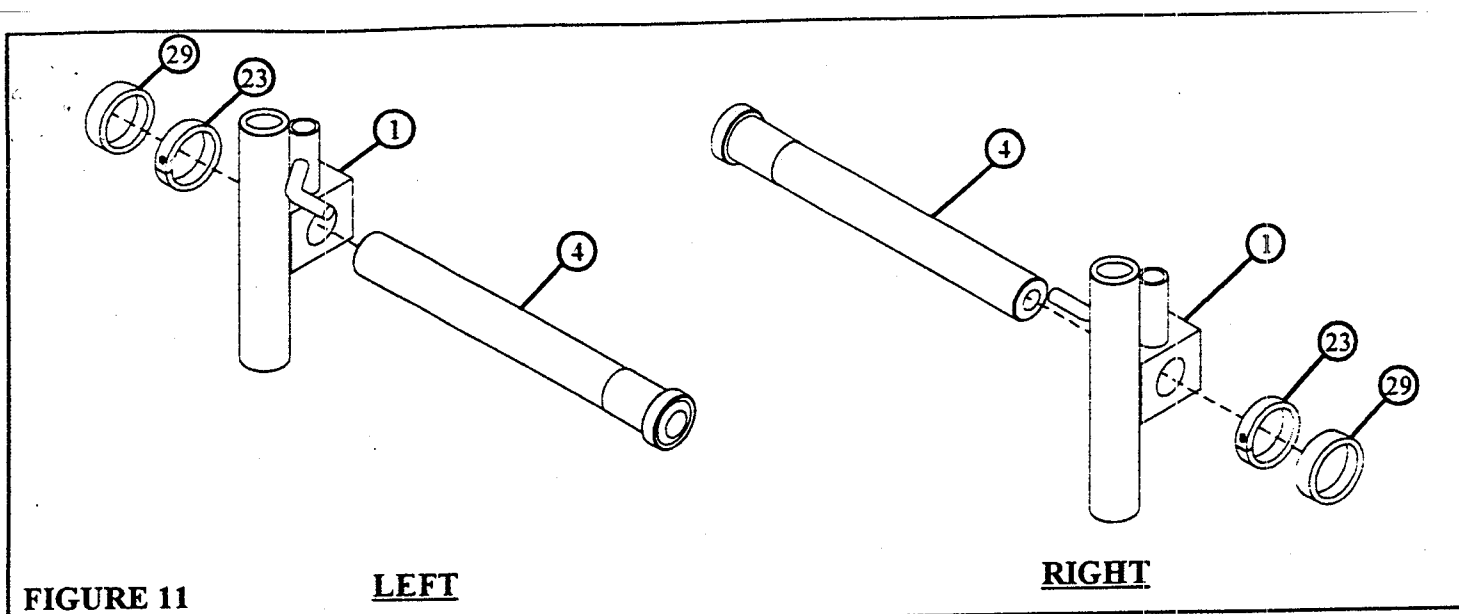


FIGURE 11

LEFT

RIGHT

STEP 11:

- Slide one **BEARING HOUSING (1)**, one **2" SHAFT COLLAR (23)**, and one **2-1/2" OD RUBBER BUMPER (29)** over each **SLEEVE ASSEMBLY (4)** as shown in FIGURE 11.
- Using a 1/4" Allen wrench, **SECURELY** tighten each set screw on the **2" SHAFT COLLARS (23)**. See FIGURE 11.

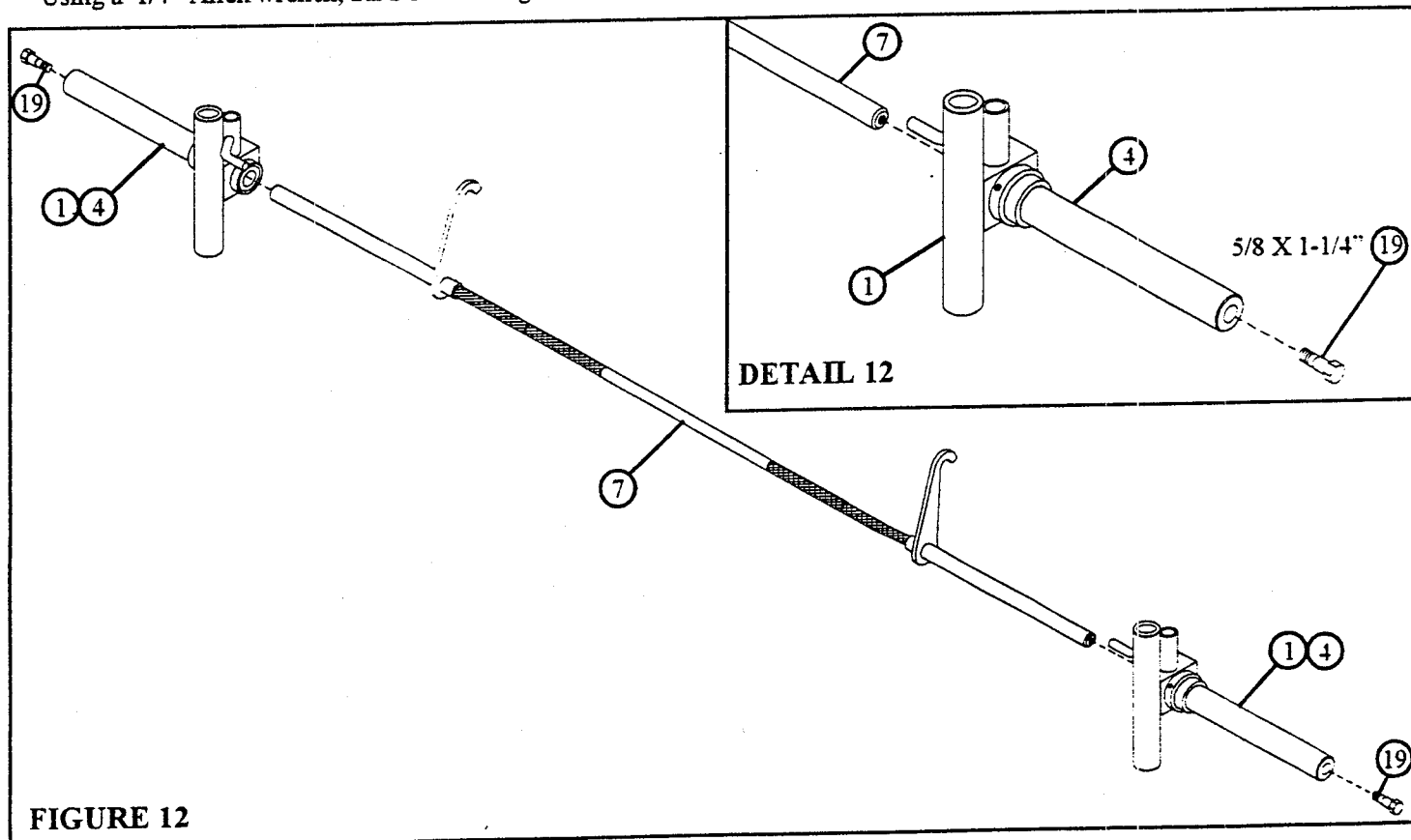
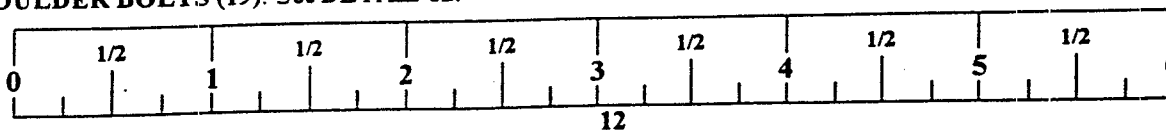


FIGURE 12

STEP 12:

- Slide one **BEARING HOUSING (1)** & **SLEEVE ASSEMBLY (4)** over each end of the **SMITH BAR (7)** as shown in FIGURE 12.
- Using a 5/16" Allen wrench, **SECURELY** tighten the **SLEEVE ASSEMBLIES (4)** to the **SMITH BAR (7)** with two **5/8 X 1-1/4" SHOULDER BOLTS (19)**. See DETAIL 12.



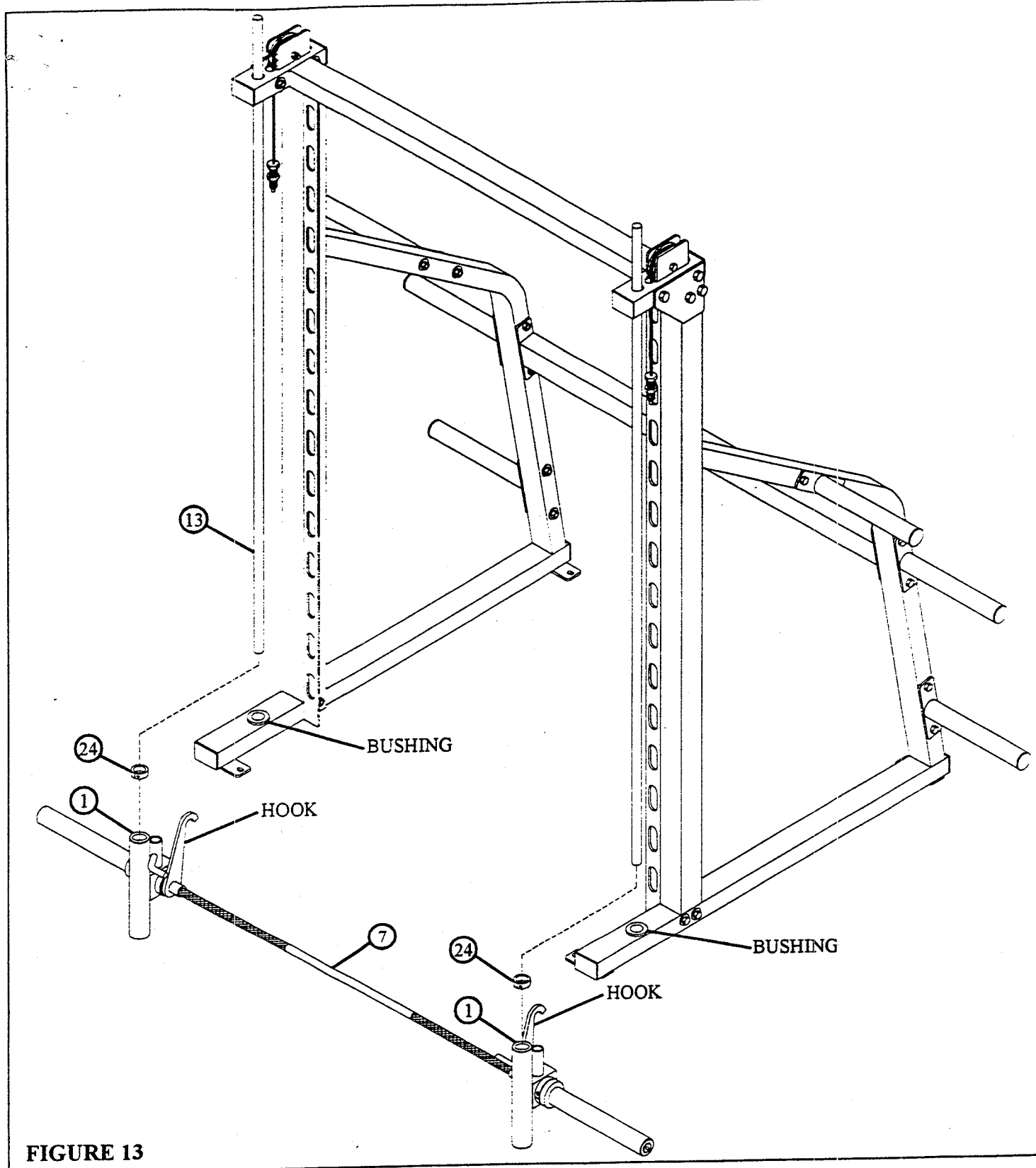
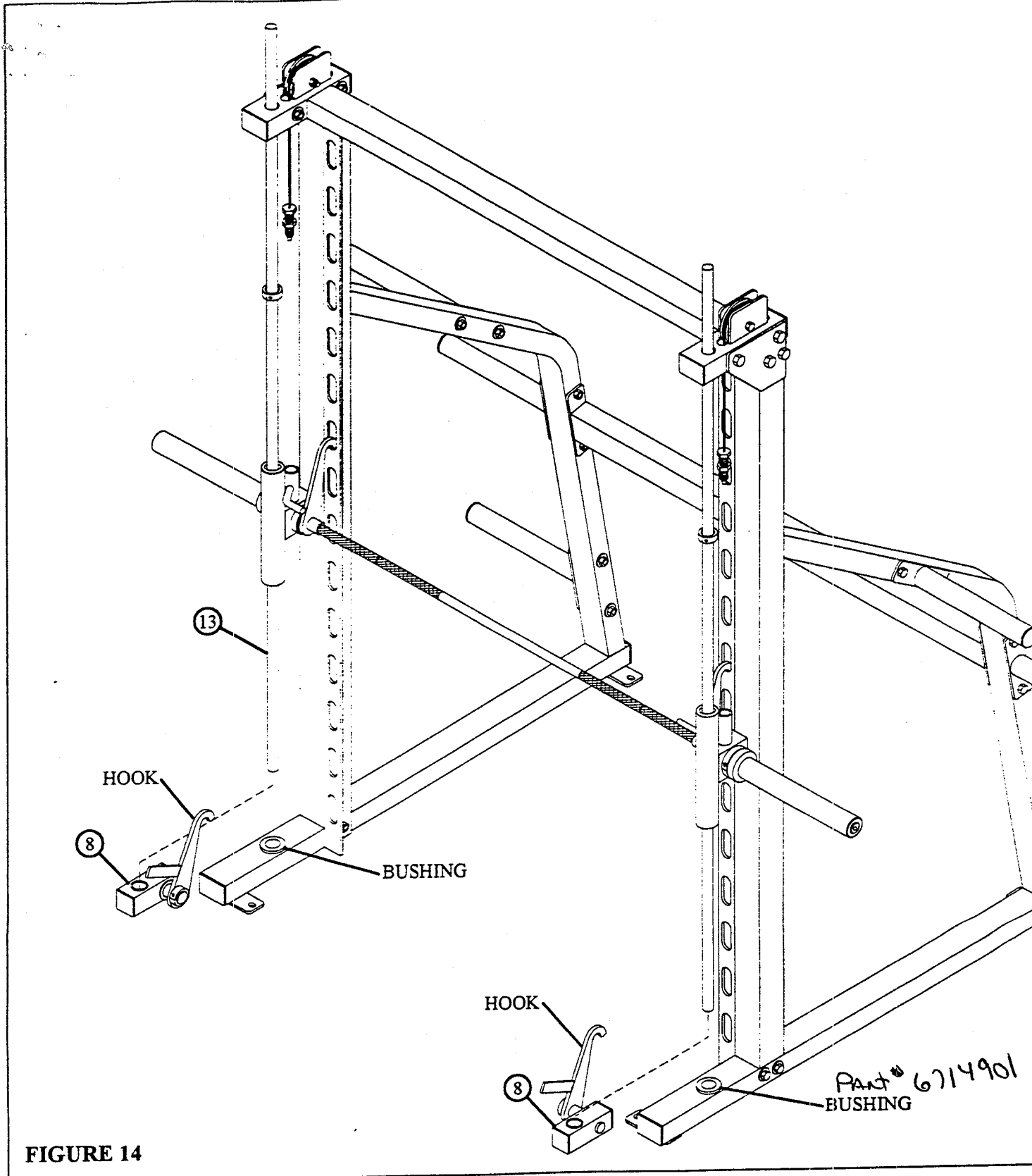


FIGURE 13

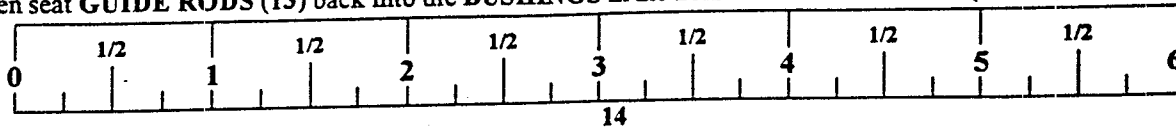
STEP 13:

- Lift up each **GUIDE ROD (13)** and slide one **1" SHAFT COLLAR (24)** over the bottom of each **GUIDE ROD (13)**. Position **1" SHAFT COLLAR (24)** half way up the **GUIDE ROD (13)** and tighten it using a **3/16" Allen wrench**. See **FIGURE 13**.
- Lift up each **GUIDE ROD (13)** and insert them through each **BEARING HOUSING (1)** on the **SMITH BAR ASSEMBLY (7)** then seat **GUIDE RODS (13)** back into the **BUSHINGS** in the **BASE** of the **UPRIGHTS (9 & 10)**. See **FIGURE 13**.
- Lift up on the **SMITH BAR ASSEMBLY (7)** and lock the **HOOKS** of the **SMITH BAR ASSEMBLY (7)** onto the **CHROME ANGLES (12)**. See **FIGURE 13**.



STEP 14:

- Lift up on each **GUIDE ROD (13)** and slide the **RIGHT & LEFT BAR STOP ASSEMBLIES (8)** over the bottom of each **GUIDE ROD (13)** onto their respective sides then lock the **HOOKS** of the **BAR STOPS (8)** onto the **CHROME ANGLES (12)** then seat **GUIDE RODS (13)** back into the **BUSHINGS** in the **BASE** of the **UPRIGHTS (9 & 10)**. See **FIGURE 14**.



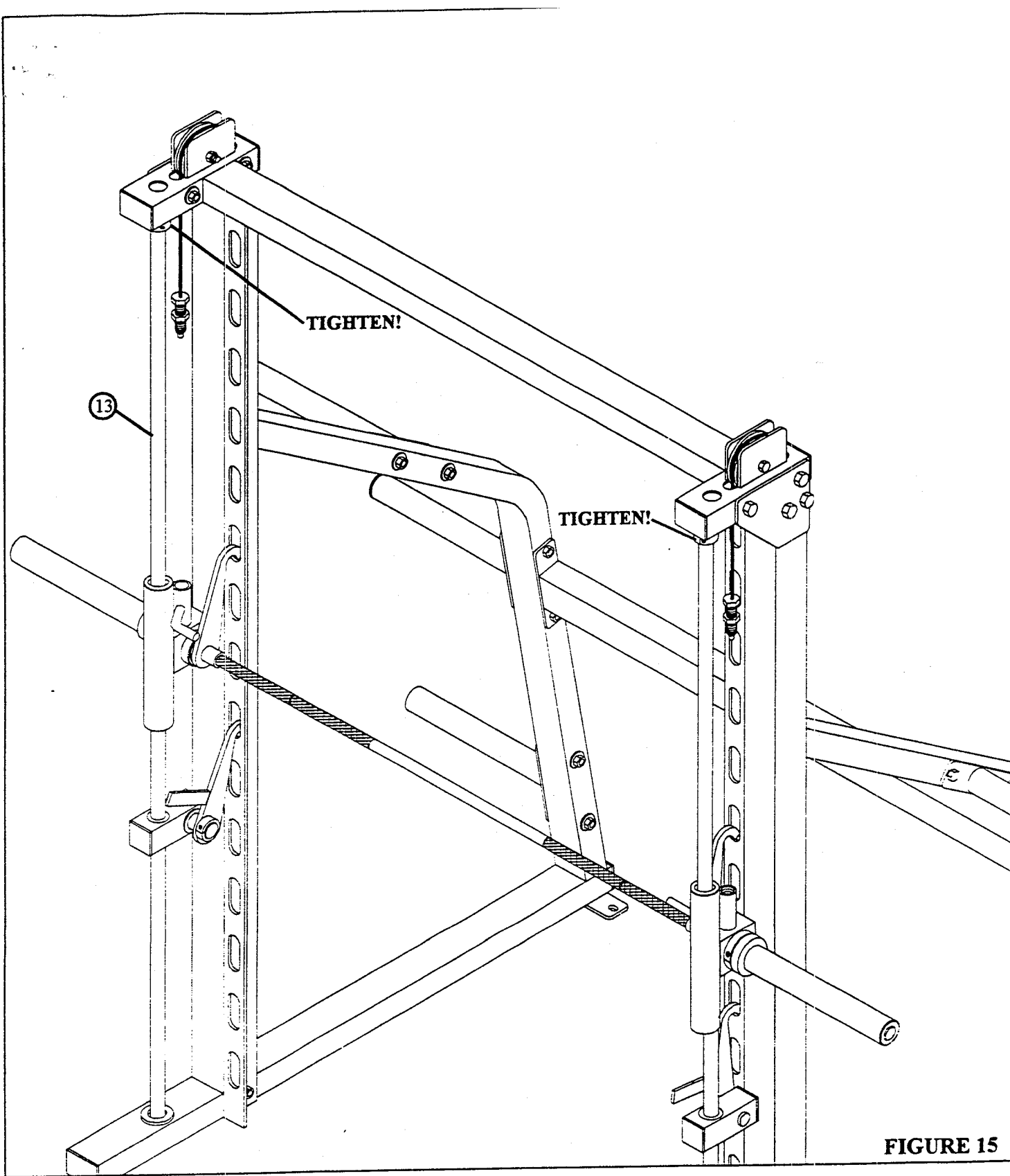


FIGURE 15

STEP 15:

- Loosen each 1" SHAFT COLLAR (24) and slide each one up firmly against the BUSHINGS of the UPPER SUPPORT (11). See FIGURE 15.
- Using a 3/16" Allen wrench, SECURELY tighten each set screw on the 1" SHAFT COLLARS (24). See FIGURE 15.

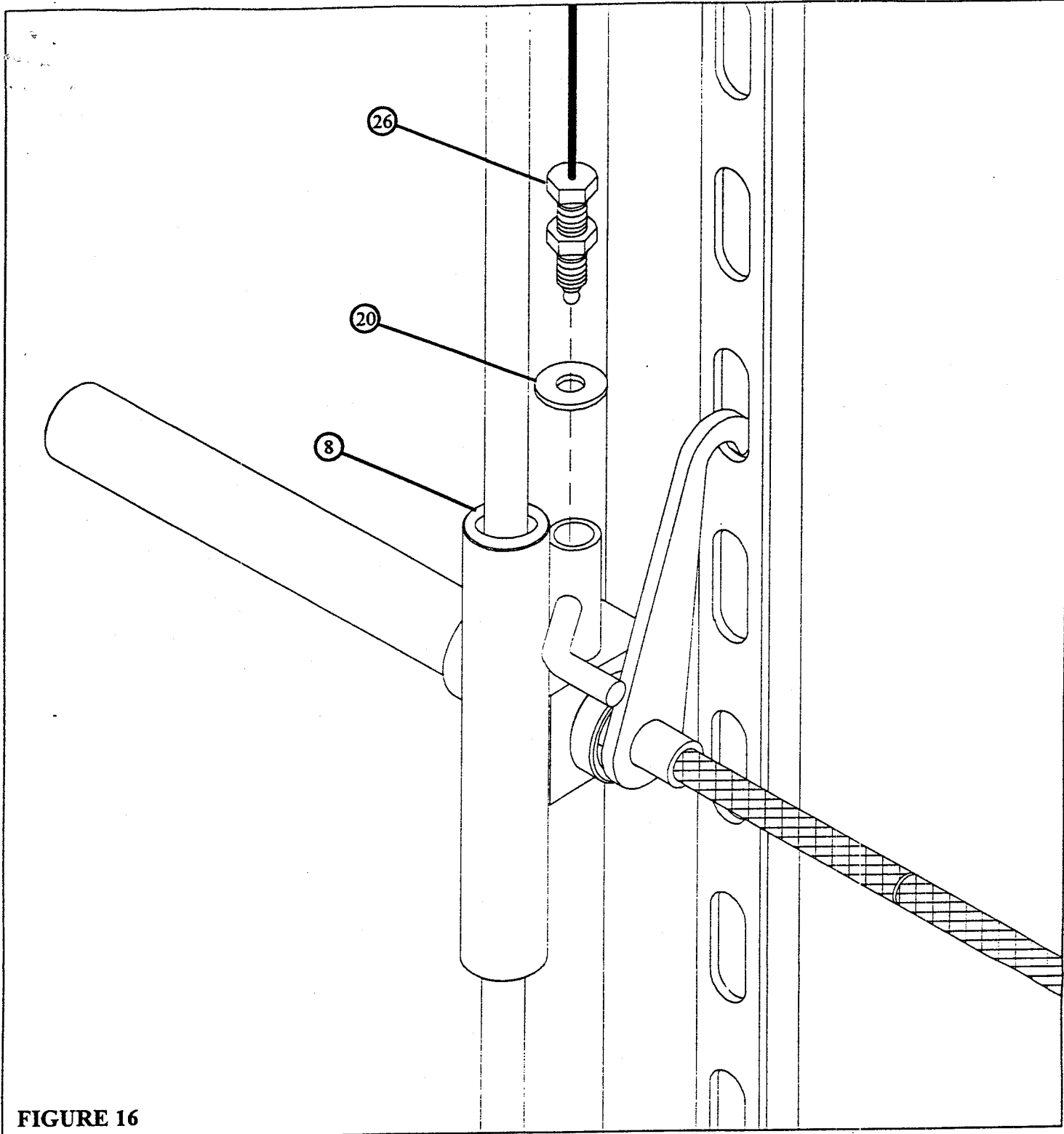
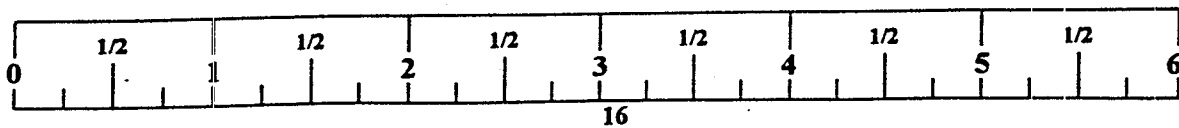


FIGURE 16

STEP 16:

- **SECURELY** assemble threaded end of **CABLE ASSEMBLIES (26)** into the **BEARING HOUSINGS (1)** using one **1/2" WASHER (20)** on each side as shown in **FIGURE 16**.
- **NOTE:** Lubricate the **GUIDE RODS (13)** with a light oil or lubricant that is available at most hardware stores.



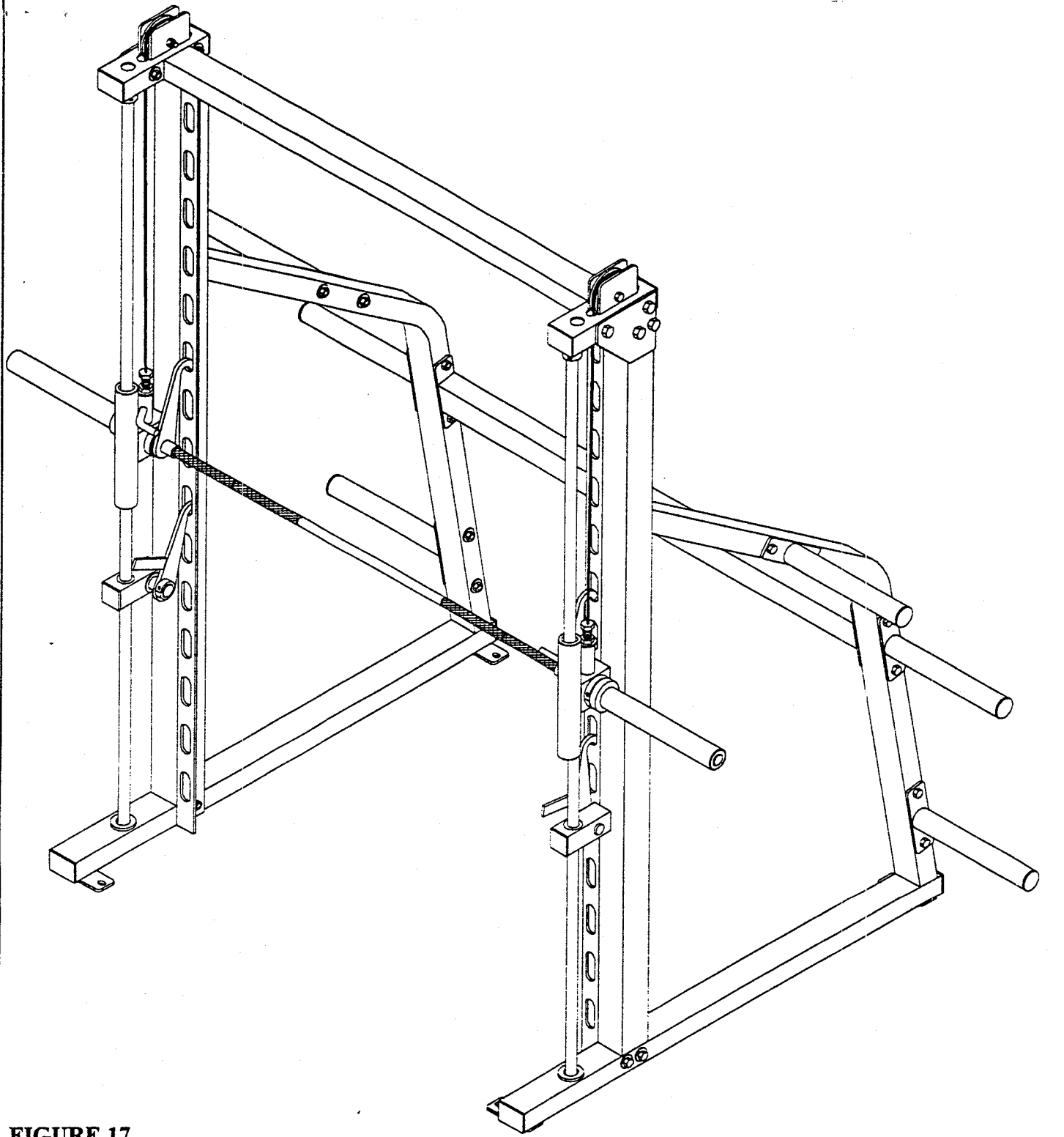


FIGURE 17

STEP 17:

- **MAKE SURE ALL CONNECTIONS ARE TIGHT!**

Thank you for purchasing the Parabody 917101 Smith Machine. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.